Trail Walk Checklist

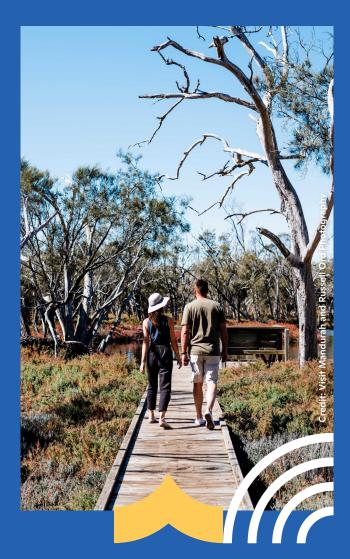
This checklist will help you pack everything you need for a fun and safe day exploring nature.

What to wear

- Long-sleeved, light weight shirt
- Long pants
- Comfortable walking shoes
- Sun hat
- Sunglasses
- Sunscreen
- Insect repellent

What to pack

- Backpack (light weight, comfortable, 30L)
- Rain/wind light weight rain jacket
- Water (0.5L per hour of walking)
- Snacks (trail mix, protein bar, fruit)
- Rubbish bag
- Sunscreen and insect repellent
- First Aid Kit including personal medication



ر Grade 1 ن

- Suitable for people with a disability or wheelchair
- No hiking experience
 required
- Flat, even surface with no steps or steep sections
- Generally less than 5km

Ki Grade 2

- Suitable for families with small children
- No hiking experience required
- Harder, compacted surfaces with gentle hills and some steps
- Generally less than 10km

Grade 3

- Suitable for most ages and fitness levels
- Hiking experience recommended
- Rough surfaces, short steep hill sections and natural steps
- Generally less than 20km





